

Group Meetings. *These will be held at the Dorford Centre, Bridport Road, Dorchester DT1 1RR (opposite the Top o' Town car park) on the 2nd Thursday of every other month at 7.00pm. Dates are:*

- **14 August 2014. Paul Fancy.**
Tyneham Range Warden talk on Tyneham Village.
- **9 October 2014. Sandra Hood Specialist Dietician.**
Advice for everyone.
- **11 December 2014. Christmas Party.**

Forthcoming Events:

- **6 - 7 September 2014. Dorset County Show.**
- **24 September 2014. Dorset Clinical Commissioning Group, previously known as Dorset Primary Care Trust, are holding a public meeting at 4 pm in the Dorford Centre, Dorchester where Dr Craig Wakeham, the lead GP for diabetes in Dorset, will give a short presentation on Diabetes Care within Dorset followed by questions and refreshments.**

FREE COOKERY WORKSHOP for people with diabetes.

Would you be interested in attending an evening course to learn more about preparing and cooking food? Learn to prepare and cook simple, affordable meals without missing out on the taste.

For further information please contact the Diabetes Centre on 01305 255130.

3 Hour Carb Awareness Workshop.

Diabetes Education: Why it's so crucial to care.

Diabetes education is the cornerstone of diabetes management and supports patients to be more aware of their diabetes, what it takes to treat it and gives them the power to control it.

Evidence demonstrates that even just 3 hours of carbohydrate counting training and the use of an automated bolus advisor can have a significant effect on patient outcomes, including HbA1c (-0.8%), Quality of Life and Glycaemic Variability.

Workshops will be held at:

Bridport - Wednesday 3rd September 2014
Blandford - Monday 8th September 2014
Dorchester - Monday 22nd September 2014

For further information please contact the Diabetes Centre on 01305 255130.

What to do in the events of a Hypo.

Hypoglycaemia or hypo is another name for low blood sugar – that is less than 4 mmol/L.

Why does it occur?

- Not eating enough carbohydrate or missing a meal
- Injecting too much insulin
- Exercising without eating extra carbohydrate
- Drinking too much alcohol

What are the symptoms?

- Sweating
- Feeling hungry
- Anxiety and irritability
- Tingling lips
- Going pale
- Fast pulse and palpitations
- Headache
- Trembling

What to do.

At the first signs of a hypo, you must have something to eat or drink. Take the simplest food that is quickly absorbed, something sugary such as:

- 5 - 7 glucose tablets/ 4 - 5 gluco-tabs
- 3 - 4 rounded teaspoons of sugar
- 1 small glass of Lucozade® (90-120 mls)
- Glass of coke or pepsi, not diet (150-200 mls)
- Glass of fruit juice, unsweetened (150-200mls)
- 1 – 2 Glucogel® ampoules

If you don't feel better again after five minutes, take one of the above again.

If a hypo occurs shortly before a meal or snack is due, eat the meal or snack as soon as possible and make sure it includes an extra portion of carbohydrate. Take your insulin as normal if it is due.

If a hypo occurs when no meal or snack is due, take a snack following the sugar or sugary drink such as:

- a sandwich
- a scone
- a piece of fruit
- a cereal bar
- a bowl of cereal
- biscuits and milk

Points to remember.

- Carry sugar or glucose tablets with you at all times
- Always carry diabetic identification
- Inform friends and colleagues what to do in the event of a hypo
- Remember when treating a hypo to always follow sugary foods with a starchy carbohydrate or the next meal if it's due
- Take your insulin as normal if it's due

Source: Diabetes Centre Dorset County Hospital

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Donations

The work that West Dorset Group carries out is funded by donations from other groups and societies; members of the public and individual bequests. The group recently received a generous donation of £500.00 from The Rotary Club of Melcombe Regis when committee member Shona Freeborn gave a talk on Diabetes to their members at the Prince Regent Hotel. We have also been chosen as one of the beneficiaries of the Lions Club of Dorchester & District charity Swimmathon on 4th October 2014. They have stipulated that the money must be used locally.

Dorchester & District Lions 2014 Annual Swimarathon





With many thanks
To our sponsors



... take the opportunity to swim in the NEW POOL at the
Dorchester Sports Centre
Coburg Road, Dorchester, DT1 2HR

..book your team place now for October..
Saturday 4th p.m. Or Sunday 5th a.m.
...enjoy a swim whilst raising money for your favourite charity...
50% of money raised will be shared between



West Dorset Group

Download Entry forms from the Lions website
www.lionsdorchester.org.uk
or telephone Lion Mervyn Travers 01305 812404
The Lions Club of Dorchester and District
Supporting Our Community since 1970

Dorset County Show 2014

West Dorset Group will have a stand again in the Shopping Mall at the show. We will be providing the latest diabetic information to anyone who has diabetes, who cares for someone with diabetes or are worried about having diabetes. Come along for a chat.

Diabetes UK Healthy Lifestyle RoadShow - Weymouth

Diabetes UK ran a Road Show on 21-22 July 2014 on the Weymouth esplanade. The Road Show aim was to raise awareness of Type 2 diabetes and gave people the opportunity to partake in the following ways:

- Receive a free Type 2 diabetes risk assessment
- Have a chat with our expert dieticians
- Join in with our physical activity zone
- Pick up a free piece of fruit
- Learn about the different types of diabetes.

Some members of our group provided support at the event.

The Big Collection 2014.

For a second year Diabetes UK have teamed up with Tesco to collect money for research. This year the research topic is to find out more about the increase of diabetes in children. Our volunteers spent 3 days collecting at the Tesco store in Dorchester. The collecting was in peaks and troughs; and interspersed with answering questions about diabetes. We also listened to the diabetes stories from members of the public who came over for a chat. All our efforts resulted in collecting a total of £881.47. The current SW total stands at £11,412. However we still have some 'income in transit' from the Lions Groups that supported the Big Collection in the South West too. The national total currently stands at £210,000.

Meeting with the Dorset Clinical Commissioning Group.

Wednesday 24th September 2014 at the Dorford Centre, Dorchester
at 4.00pm

How good is diabetes care in Dorset?

The meeting will be with Dr Craig Wakeham, the lead GP for diabetes on the Dorset Clinical Commissioning Group (CCG) the responsibilities of which were previously performed by the Dorset Primary Care Trust. It will start with a short presentation from Dr Wakeham on how diabetes care in Dorset compares with the rest of England, what's good and what needs improvement and how the CCG proposes to address the latter. This will be followed by questions and then refreshments.

This meeting is an opportunity for all of us to give our views and ideas to improve the care that people with diabetes and the support that their carers receive.

Please note the unusual time and day (4.00pm on a Wednesday).

The link to the relevant part of Dorset CCG's website is:

<http://www.dorsetccg.nhs.uk/aboutus/cvd-stroke-and-diabetes.htm>

2014 Committee Members

Henry Bartlett	Chair
John Nairn	Secretary & Media Officer
Graham Sargent	Treasurer
Shona Freeborn	Vice Chair & Leaflets Officer
Tim Freeborn	Membership, Website, Newsletter & Group Publications Officer
Henry Burn	Committee Member

Contacts

Chairman Henry Bartlett **01202 842707** or Secretary John Nairn **01305 784891**

If you wish to contact me please email **Freeborntim@AOL.com** or telephone/text **07879215783**.



Tim Freeborn
Editor